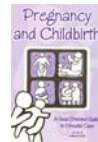


What Do I Do Now That I Am in Labor?



Refer to pages 113-138 in your [Pregnancy & Childbirth Handbook](#) for more information

37 Weeks or More

Do Not Panic

Contractions are a normal part of childbirth. This is a time to stay calm, rest, and relax as much as you can. Eat something small and drink fluids. Use your breathing techniques to cope through your contractions. Walking, standing, taking warm baths, or lying down may help you through the contractions.

When should I come to the hospital?

Come to the Hospital if you experience one of the following:

- 1) Decreased fetal movement
- 2) Heavy Bleeding
- 3) Think your water broke
- 4) Contractions every 5 minutes for at least one to two hours
- 5) Severe stomach pain that does not go away
- 6) Fever greater than 100.4 not relieved by Tylenol ®
- 7) Blurry vision, dizziness, headaches not relieved by Tylenol ®, severe heartburn



Timing Contractions

Describing what contractions actually feel like will vary per individual. The one characteristic these descriptions have in common is that the sensation starts off mildly, will intensify (the peak of the contraction) and then go away. You may feel some degree of discomfort in between contractions. Contractions are timed, per minutes, from the beginning of one contraction to the beginning of the next contraction.

